



## **When Does A Professional Coach Really Pay Off?**

If you are -

Entering the Workforce

Working at a dead end job

Starting your own company

When You Realize That Work/Life Balance is poor

You're thinking about Retirement

As an iPEC certified coach, I help find a way forward through today's disruption that will benefit you, beginning with the question—"What aspects of your life would you like to improve?" We discuss future potentials (not past mistakes) and look for how energy (positive, healing, building energy and/or draining, destructive, tearing down energy) is showing up in your life. We discuss the choices we have to live these energies.

By setting expectations around the areas you want to work on, through the questions I ask, the work you do, the options raised and the action steps taken by you – what seemed like an insurmountable obstacle or challenge is dealt with. This process is about unlocking your potential and helping you learn to maximize your effectiveness, your performance, and your happiness—no matter which part of your career and life you are, working with a professional coach is rewarding.

Whichever transition you are facing, I'd be happy to be your professional coach. I will meet you where you are and work with you to get you where you want to be. If you want to learn more about me and my coaching process –it's easy! Contact me to schedule a complimentary 30 minute session. No risk at all. Your happiness and satisfaction in this journey await you!

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